

Lee District RECenter

Call us at:
703-922-9841

SEPTEMBER







Group Fitness Schedule

(September 16th through September 30th)

Also available on the web at: www.fairfaxcounty.gov/parks

If you do not have a pass to the RECenter a \$6.50 in-county general admission fee (non-county \$8.70) charged at time of check-in. Please be prepared to show proof of county residency. Calendar is subject to change.

Please call the RECenter with questions or concerns; or send email to: marie.vasquez-cropper@fairfaxcounty.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muscles in Motion OUTDOOR 10:30-11:25am Chris	Body SCULPT 7-7:55 am Bronwyn	Body SHOP 5:00 – 5:55am Deb	Body SCULPT 7-7:55 am Bronwyn	Open “STUDIO” for an additional \$3.50, you can spend up to <u>2 hours</u> in our Fitness Studio using the Crew and SPIN equipment under the guidance of an instructor! <u>Our Fall times are:</u> <u>Monday-12pm to 2pm</u> <u>Friday-7am to 9am</u>	Cycle SPIN 8-8:45 am Marie	Cycle SPIN 10-10:45 am Sara
Senior Cardio 11:30-12:25 pm Chris	Check out our new Karate Programs offered by Brown’s Karate at www.brownskarate.com				Cardio Circuit 8 – 8:55 am ROTATION	ANNUAL XYO WORKSHOP Sept. 23 rd from 8am to noon Come try out a sampling of our classes! Step, mat, sculpt, box, dance, and more! For more info, stop by our Front Desk!
Our Fall Pass Sale: Time For Change will run from <u>September 1st through October 15th</u> Do not miss the chance to purchase discounted 4 and 12 month passes!!		Step It Up 11-11:55 am Lori	Cardio DANCE 9-9:55 am Bronwyn		Step and Sculpt 9-9:55 am Nekea	
Cycle SPIN 5:30-6:15 pm Carrie	Cycle SPIN 12-12:45 pm Melissa	Cardio Circuit 3:30 – 4:25pm Tish	Cycle SPIN 12:10-12:55 pm Melissa		New Registered Classes begin Sept 16th! Learn a new skill, try a new format!	
Step and Sculpt 5:30-6:25 pm Nekea	Sculpt, Strength, & Tone 1-1:55 pm Melissa	Cycle SPIN 5:15-6:00 pm Mel/Sara	Sculpt, Strength, & Tone 1-1:55 pm Melissa	Cycle SPIN 5:15-6:00 pm Sara		
Boot Camp Basic 6:30-7:25 pm Merrill	Step Fusion Mix 6:30-7:25 pm Valerie	Cardio BALL 6-6:55pm Georgena	Step Fusion Mix 6:30-7:25 pm Valerie			
Core Conditioning 6:30-7:25 pm Cheryl	Strength & Tone 7:30-8:25 pm Lou	Jump & Pump 6:30-7:25 pm Nancy P		<u>Women's and Teen's Self-Defense Classes - 5 week programs REGISTER TODAY!</u>		Body SHOP 4:00 – 4:55pm Rotation
Cycle SPIN 7:30-8:25 pm Carrie	Cycle SPIN 8:30-9:25 pm Marvin	Punches, Kicks, & Abs 8-8:55 pm Murray				

Group Fitness Class Descriptions

If you are unsure of your ability to participate in any class, please feel free to call the Fitness Director about any special health concerns.

Body Sculpt

Aerobics, step, strengthening, and stretching class designed for those who are currently involved in exercise or just beginning. Focus on making fitness fun! Beginner to advanced exercisers!

Body Shop

55 minute conditioning and cardio workout. Moderate to highly conditioned exercisers will use a variety of free weights, steps, and BOSU with cardiovascular intervals to strengthen major muscle groups and pump up your day!

Boot Camp Basic

No frills, physical training that includes a combination of calisthenics, floor exercises, and track work. Great for the intermediate or advanced exerciser who is looking to mix things up!

Core Conditioning

Use balls, BOSU, mats and bars to strengthen your body from the core on out! Great way to finish off your Fitness Room Workout!

Cycle SPIN

Looking for a class to help you get ready for those outdoor cycling adventures, or simply a way to get out of your cardio rut? Join our many indoor group cycling classes and get rolling! Beginner to advanced exercisers. Progressive, instructional classes are available on-line!

Cardio Ball

Use both Body Bars and the balls to get the heart pumping in a true cardio workout with some WEIGHT behind it! Beginner to advanced.

Cardio Circuit

Use all of our “tools” to help you stay in shape this summer! Balls, bands, bars, and gravity! Get you heart pumping in this non-choreographed class. Complete one circuit – or as many as time allows! Strengthening exercises for every major muscle group. Be ready to keep moving till the end!

Jump and Pump

This program is designed for all levels of participation, and you can set the intensity you want. The class includes jumping rope, step, plyometrics, calisthenics, toning, and abdominal training. Free weights and running drills enhance your sports skills! Challenge your body! Beginner to advanced.

Muscles in Motion

Introduce yourselves to exercise in the great outdoors. Beginner level class to enhance both your appreciation of nature, and find ways to challenge your strength and balance “naturally”. Great class for senior exercisers, as well as moms wearing little ones!

Punches, Kicks, and Abs

No frills workout for our martial arts enthusiasts.

Sculpt, Strength and Tone

General conditioning that includes aerobic warm-up, stretching, muscular strengthening, endurance, joint integrity, and total body toning. Light hand held weights may be used. Bring a mat and a towel to each class.

Senior Cardio

General conditioning that includes aerobic warm-up, stretching, muscular strengthening, endurance, joint integrity, and total body toning. Focus on functional fitness.

Step and Sculpt

Looking for the rhythm? Step melds with limited weight work and a dance-based flow to tone all over. Allow your creative energies to take over!

Step It Up

This beginner to intermediate step class offers creative step routines that provide a total body workout. This is the first step for those with limited stepping experience.

Step Fusion Mix

It's time to mix things up a little! This beginner to intermediate step class offers creative and challenging step routines combined with toning exercises that use the fitness ball, hand weights, bands, tubing, and introductory level core work to provide a total body workout.

Strength and Tone

No frills general conditioning that includes aerobic warm-up and strengthening using gravity and medicine balls. Bring a towel to each class. Beginner to advanced exercisers welcome! Some activities are outside.